



ARCHDIOCESE OF SEATTLE

# At Home with Faith

**The Novel Coronavirus (COVID-19) is disrupting our lives in many ways. Even in these challenging times, God provides opportunities to grow in our faith. For parents and families at home, we recommend the following resources to grow closer to God.**

## Ask God for help

**Join Archbishop Etienne in seeking the intercession of Our Lady of Seattle with this prayer:**

<http://www.seattlearchdiocese.org/Assets/General/Electronic-PrayerCard2-030520.pdf>

**Pope Francis' Five Finger Prayer Method** - great to teach to children!

<https://www.getfed.com/pope-francis-praying-with-5-fingers-5981/>

**Teach your Children to Pray for the Sick** (includes talking points)

<https://teachingcatholickids.com/pray-for-the-sick/>

**Prayers by Heart - The Catholic Children's Prayer Book** (Archdiocese of Seattle)

<https://www.smp.org/product/4411SEA/Prayers-by-Heart/>

## Great Conversations as a family

**Great Conversations video (38 minutes)**

**Stream online at <https://marriagefamilylife.seattlearchdiocese.org/great-conversations>**

Take advantage of this opportunity to have conversations that draw us closer to God and to one another. The video (38 min), available at the link above, provides practical coaching on how to have great conversations with your children about faith.

**You can use the following conversation starters:**

- God is our rock and sure protection at all times. What are we afraid of that he can help with?
- Blessings come in all shapes and sizes, from our family and friends, to food and much more. Can you name some of the blessings that God has given you in your life?
- Even with our many blessings, there are many things that we still want. Have you ever really wanted something and thought "If I can just have this, I won't want anything else," but then you got it and still felt like you wanted something more? How did that make you feel?

**Want more? Visit:** <https://marriagefamilylife.seattlearchdiocese.org/make-space-for-god>

# At Home with Faith

## Formed.org

Check if your parish has a subscription to this valuable resource!

## For Children, Youth (and Parents)

### Faith Formation in the home - Domestic Church (Archdiocese of Seattle Resource Page)

Videos and websites on how to fill the home with faith. Resources on marriage and family in general. <https://seattlearchmedia.weebly.com/domestic-church.html>

### Consider reading the daily gospel with your family

Visit the USCCB site for the daily readings or load the Laudate app on your phone, which provides reflections and saint of the day. <http://www.usccb.org/bible/>

### Pray the Rosary as a family

Helpful tips and activities that foster faith in families and children. <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>

### Family, Faith, and Fun (Loyola Press)

A variety of resources/activity ideas for families. <https://www.loyolapress.com/our-catholic-faith/family/family-faith-and-fun>

## Podcasts

### Messy Family Podcast

Catholic conversations on marriage and family, by Mike and Alicia Herson. <https://www.messyfamilyproject.org/podcasts/>

### Saints Stories for Kids

A weekly podcast of stories for kids about the Saints. New short story each week! <https://podcasts.apple.com/us/podcast/saint-stories-for-kids/id1448514363>

## Especially for Lent

### Curated content in English

<https://seattlearchmedia.weebly.com/lentcuaresma>

### Curated content in Spanish

<https://seattlearchmedia.weebly.com/cuaresma>

### Abiding Together Podcast

Discuss their Lent Series on Henri Nouwen's Return of the Prodigal Son <https://www.abidingtogetherpodcast.com/>

### Bishop Barron's Daily Reflections

Receive Bishop's Barron's daily Gospel reflections via email. <https://www.lentreflections.com/>

### Blessed is She Lent Journal

Lenten products for personal reflection. <https://blessedisshenet/product-category/lent/>

### CRS Rice Bowl

Get the bowl, follow the calendar, connect with the reflections as a community. <https://www.crsricebowl.org/>

### Dynamic Catholic's Best Lent Ever

Free daily Lenten video email. <https://dynamiccatholic.com/best-lent-ever>

### Maryknoll

Reflections for each week of Lent. <https://www.maryknoll.us/home/resources/mission-spirituality/lent-2020>

**“Don’t worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God’s peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.”**

Philippians 4:6-7

The Catholic Children’s Bible, Saint Mary’s Press